

California Department of Corrections and Rehabilitation



**Evidence-based Rehabilitation
Reform Project**

*Improving Public Safety Through Evidence-based
Rehabilitation*

2009

Enhancing Public Safety through Effective Rehabilitation

Introduction:

Ninety-five percent of all wards and inmates will be released to society. It is our job to assure that these offenders are given the chance to succeed, through evidence-based rehabilitation, so that we will have a safer California.

The California Department of Corrections and Rehabilitation (CDCR) is launching historic reforms to prepare inmates for success, thereby reducing the rate at which they return to prison, and increasing public safety.

- AB 900, the Public Safety and Offender Rehabilitation Services Act of 2007, is a major effort to reform California's prison system by reducing prison overcrowding and increasing rehabilitative programming.
- AB 900 marks an historic turning point for CDCR. It provides the foundation we need to become one of the top correctional systems in the nation.
- Improving offender success strengthens public safety.
- The reforms use evidence-based rehabilitation – academic, vocational, substance abuse and other programs – to help offenders succeed when they integrate back to their local communities so that they don't commit new crimes.
- The reforms are designed to reduce California's recidivism rate – currently among the highest in the nation.
- The safety and security of our correctional institutions – for offenders and our employees – is also enhanced when offenders use their time productively.
- This training is designed to prepare staff to deal with the challenges these major changes present, and share the opportunities for innovative and effective leadership these reforms are generating.

Enhancing Public Safety through Effective Rehabilitation

Highlights:

- The history of correctional rehabilitation in California's prisons
- The requirements of AB 900
- The role and recommendations of the Expert Panel on Adult Offender and Recidivism Reduction and the Governor's Rehabilitation Strike Team
- How the department is bringing the latest science and proven practices into its rehabilitation programming
 - California Logic Model
 - Reform Project Approach
 - System Design
 - Implementation
 - Organizational Readiness and Capacity
 - Infrastructure Development
- An overview of future implementation plans and the status of correctional reforms that have already been achieved.

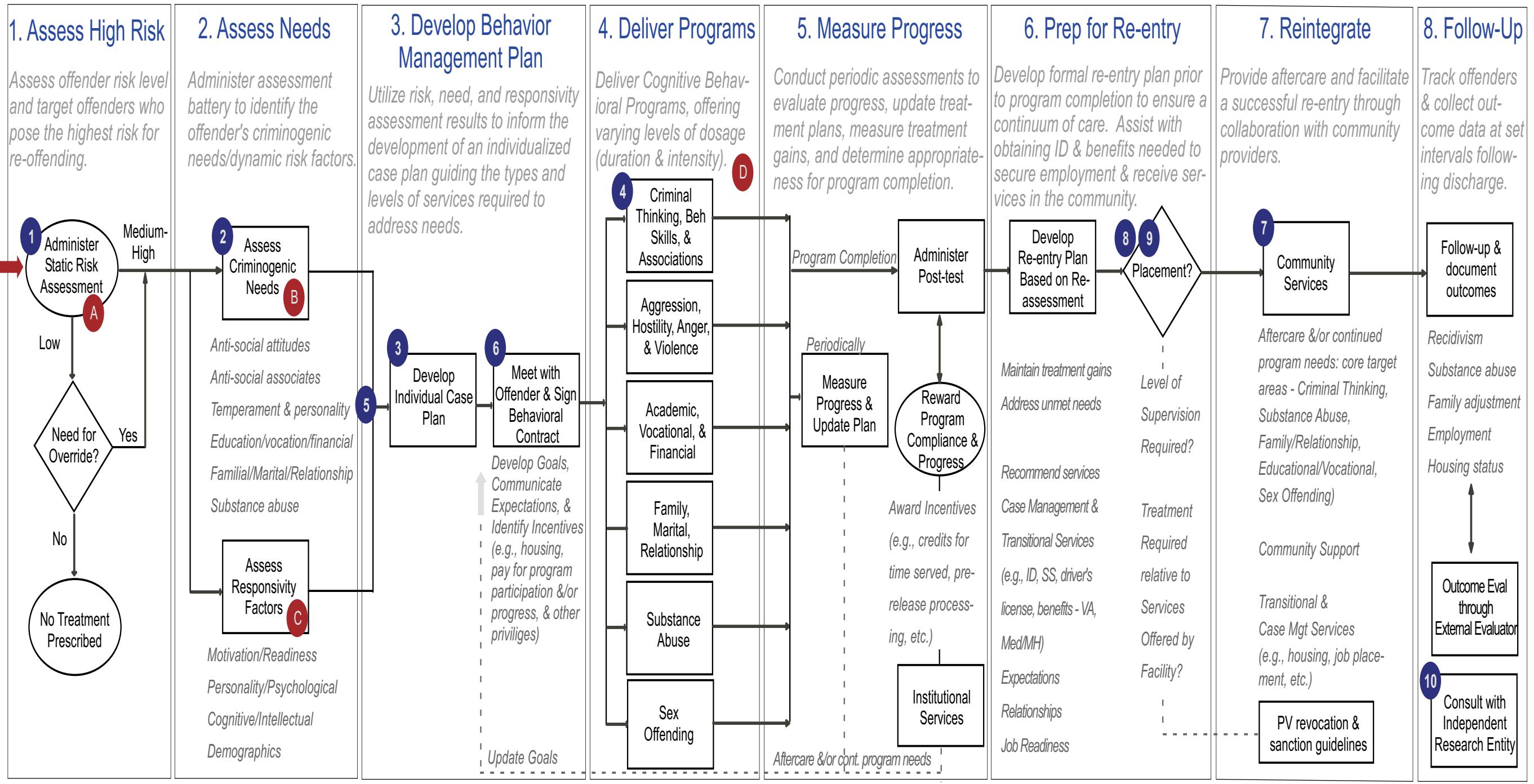
California Logic Model

The California Logic Model is a detailed, sequential description of how California will apply evidence-based principles and practices and to effectively deliver a core set of effective rehabilitation programs. Research shows that to achieve positive outcomes, correctional agencies must provide rehabilitative programs to the right inmates, at the right time, and in a manner consistent with evidence-based programming design.

The California Logic Model follows these eight steps:

1. **Assess High Risk.** Assess offender risk level and target offenders who pose the highest risk for re-offending.
2. **Assess Needs.** Use a research-based instrument to assess the offender's criminogenic needs, such as anti-social attitudes; anti-social associates; temperament and personality; education, vocation, financial; familial, marital, relationship; and substance abuse.
3. **Develop Behavior Management Plan.** Utilize risk, need, and responsivity assessment results to develop an individualized case plan guiding the types and levels of services required to address needs. This plan is an integral step in matching the right offender to the right program in the right order.
4. **Deliver Programs.** Deliver in prison and in the community a core set of programs that address the six major offender programming area needs: Academic, Vocational, and Financial; Alcohol and Other Drugs; Aggression, Anger, and Violence; Criminal Thinking, Behaviors, and Associations; Family, Marital, and Relationships; and Sex Offending.
5. **Measure Progress.** Conduct periodic assessments to evaluate progress, update treatment plans, measure treatment gains, and determine appropriateness for program completion.
6. **Prep for Re-entry.** Develop a formal re-entry plan prior to program completion to ensure a continuum of care. Assist with obtaining identification and benefits needed to secure employment and receive services in the community.
7. **Reintegrate.** Provide aftercare and facilitate a successful re-entry through collaboration with community providers.
8. **Follow-up.** Track offenders and collect outcome data at set intervals following discharge. Outcomes to be tracked include recidivism, substance abuse, family adjustment, employment, and housing status.

California Logic Model



Administer Correctional Program Checklist (evaluate & monitor therapeutic integrity throughout process using CPAI or CPC)

11

Reform Project Approach

I. System Design and Development

Design and development of the new approach to rehabilitative programming reflected in the California Logic Model.

II. Implementation Approach

Track 1: Improve Utilization of Existing Programs

- Increase utilization of existing rehabilitative programming
- Increase available programming within existing resources
- Increase available programming with new resources

Track 2: “Proof Project” to test new evidence-based rehabilitation model

The Proof Project to test the new rehabilitative model involves the:

- Deuel Vocational Institute (DVI) in Tracy (reception center);
- California State Prison, Solano;
- Northern California Reentry Facility (serving San Joaquin, Calaveras, and Amador counties); and
- Parole Region I (parole site serving parolees from San Joaquin, Calaveras, and Amador counties).

Track 3: Implementation statewide.

Statewide implementation of the system design as implemented, tested and re-tooled through the “proof project” experience.

III. Organizational Readiness and Capacity

Management changes, staff training and communications.

IV. Infrastructure Development

Budgeting, human resources, facility planning and others.

Program Implementation



Adult Programs Reform Project Portfolio

Project Tracks

System Design

Risk Assessment

Needs Assessment

Case Plan

Deliver Programs

Measure Individual Progress

Prep for Reentry

Reintegrate in Communities

Follow-up and Evaluate Program Fidelity

Continuous Evidence Based Improvements
Become Part of Ongoing Operations

Implementation

Track I - Improve What We Have

Increase Utilization

Increase Services with Existing Resources

Increase Services with New Resources

Track II - Proof Project

Build and Test Repeatable Project Plans

DVI In Reception Centers

In Prison

NCRF In Secure Reentry Facilities (SRFs)

DAPO Units to Receive NCRF Parolees In Parole

Track III - Implement Statewide

All Reception Centers

All Prisons

All Parole Units

All Community Programs

Organizational Readiness and Capacity

Continuous Improvements Become Part of Ongoing Operations

Infrastructure Development

Pre-Conditions for Effective Rehabilitative Programming

Correctional Reform — Key Definitions

Evidence-based Practices

Evidence-based practices involve the conscientious, explicit, and judicious use by correctional administrators of current best research evidence in selecting programs designed to manage offenders, reduce recidivism, and increase public safety. Evidence-based programs also include programs that adhere to 'principles of effective intervention' established by prior research.

<http://ucicorrections.seweb.uci.edu/pdf/CPAPTrainingManual.pdf>

Rehabilitation and Life Skills Tracks

The department will implement a Rehabilitation Track and a Life Skills Track. Correctional practice shows that it is important to give the highest programming priority to those offenders with high and moderate risk to reoffend. Research further shows that high and moderate risk to reoffend prisoners and parolees achieve the greatest gains in recidivism reduction. Low risk-to-reoffend offenders should receive programs that focus on work, life skills and personal growth rather than rehabilitation treatment programs.

http://www.cdcr.ca.gov/News/2007_Press_Releases/docs/ExpertPanelRpt.pdf

Cognitive-behavioral Methods

Cognitive-behavioral Methods are based on the assumption that the foundations for criminal activity are dysfunctional patterns of thinking. These methods, therefore, are designed to alter misinterpretations of life events and thus enable offenders to modify anti-social aspects of their personality and consequent behaviors. Cognitive Behavioral Methods in offender treatment target the thoughts, choices, attitudes, and meaning systems that are associated with antisocial behavior and deviant lifestyles.

<http://nicic.org/Downloads/PDF/Library/021657.pdf>

Motivational Interviewing

Motivational interviewing is an evidence-based practice that corrections professionals are now using to encourage positive behavior change in offenders. By listening to offenders and following up on the positive aspects of their speech and thinking, corrections professionals can help increase offenders' motivation to make positive changes in their lives that will reduce their likelihood of reoffending.

<http://nicic.org/Downloads/PDF/Library/022253.pdf>

Notes

AB 900 — Historic Reforms to Reduce Recidivism and Strengthen Public Safety

On May 2, 2007, Governor Schwarzenegger signed AB 900, the Public Safety and Offender Rehabilitation Services Act of 2007. AB 900 moves California away from an outdated model of prisoner incarceration to institutions that create opportunities for change – to reduce the rate at which inmates released from prison commit more crimes. The Act is a major effort to reform California’s prison system by reducing prison overcrowding and increasing rehabilitative programming. The reforms use evidence-based rehabilitation – academic, vocational, substance abuse and other programs – to help offenders succeed when they integrate back into their homes and communities so that they do not return to a life of crime. It provides the foundation CDCR needs to become one of the top correctional systems in the nation. Improving offender success strengthens public safety.



**CALIFORNIA DEPARTMENT *of*
CORRECTIONS AND
REHABILITATION**



Adult Rehabilitation

www.CDCR.ca.gov/rehabilitation